



Sisters Susan G. Komen (l)  
& Nancy G. Brinker (r)



4905 Radford Avenue, Suite 209 • Richmond, VA 23230 • 804.358.7223 • [www.komenrichmond.org](http://www.komenrichmond.org)

### Komen Richmond Affiliate

Susan G. Komen For the Cure

[www.komen.org](http://www.komen.org)

Helpline 1-800-IM AWARE

*Our vision:*

*a world without breast cancer.*

Judy Adams, *Executive Director*

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#### Support Staff

Pem Hall, *Grant & Education Manager*

Jessica Barnes, *Administrative Assistant*

### Komen Richmond Affiliate's Second Annual

# Survivor Celebration

September 28, 2007 · The Jefferson Hotel

Title Sponsors: **First Market Bank & Ukrop's**

Pink Ribbon Sponsors: **Bon Secours Cancer Institute & Car Pool**

Supporter Sponsors: **Comcast Metro Richmond & The London Company.**

Media Sponsors: **HMC & Style Weekly**

Survivor Sponsors: **BB&T & Ernst & Young**

**Special thanks to these sponsors and to the many generous supporters who provided door prizes for this event!**

**October is Breast Cancer Awareness Month.  
Let's Mark the Occasion by Celebrating  
Those Who Have Fought This Disease and Won!**

## Gloria Glenn! *Four Year Breast Cancer Survivor*

I'm a mother of two, I have three grandchildren, and I conquered cancer in 2004 with God's divine intervention. I'm retired from the state where I worked as an Adult Corrections Officer. I also play the piano professionally and am currently working on a CD, which I hope to release this year. My hobbies include cooking, horticulture and being a loving grandmother.

*(Continued on page 3)*

## Melinda Bell!

*Five Year Breast Cancer Survivor*

Cancer. In January 2002, this single word made my heart race and my mind fear the unknown that lay ahead. My journey would challenge my faith in God, my values, and my priorities. It was not only my journey but also that of my husband, my children, my sister, my brother, my mother, and my father. Cancer impacted us all.

My journey began in 2001 as I struggled with fatigue. Culturally, I am Hispanic and I was raised to put everyone — my husband and my children — first. I reasoned the fatigue was related to moving across the country to Richmond, helping my children adjust to a new environment, and starting a new job. However, the fatigue wouldn't go away so finally I went to a doctor.

*(Continued on page 4)*

## Judy Adams!

*Seven Year Breast Cancer Survivor*

My breast cancer story began New Years Eve of 1999. I felt it was important to record my goals for the new millennium, so I sat down and wrote that by the end of 2000, I would:

- Increase my running mileage from 3 to 5 miles.
- Improve my golf game so I could enjoy playing with my husband.
- Continue my climb up the corporate ladder and receive a promotion at work.
- Become closer to God.

Fast-forward to March, 2000. As I was preparing to leave for a Paris vacation with my husband, I discovered a lump in my right breast. I was concerned so I scheduled a mammogram for the day after our return. While enjoying a romantic vacation in Paris, I discovered a second lump under my arm.

*(Continued on page 3)*

# CANCER SURVIVORS

## SYMPOSIA SERIES

Issues & Solutions for Life After Cancer

### Session V:

## Understanding Genetics & Cancer Risk

**October 25, 2007 - 7 pm**  
**Science Museum of Virginia**

Free and open to the public.

Call 804-628-1917 or visit

[www.massey.vcu.edu/survivors](http://www.massey.vcu.edu/survivors)  
to register.

*Sponsored by  
the Komen Richmond Affiliate  
and  
Massey Cancer Center*

## AFFILIATE NEWS

- *Richmond Magazine* readers voted the **Komen Richmond Affiliate the 6<sup>th</sup> Most Favorite Non-Profit for 2007!** As part of this honor, the Affiliate received \$1,300 in donations from the "Best of Party" sponsors.
- **Susan Quisenberry**, Richmond Affiliate Board of Directors Past President, received the Susan G. Komen Cameo Award at the 2007 Richmond Race for the Cure® in recognition of her contributions to the Richmond Affiliate. Mrs. Quisenberry will also receive the Volunteer of the Year Award from the Central Virginia Chapter of the Association of Fundraising Professionals in November.
- **Rebecca G. (Becky) Morris** will serve as one of 50 Komen delegates representing the United States at the "Ignite the Promise: Global Advocate Summit" in Budapest, Hungary, September 29-30, 2007.
- **Gwen Gardner**, Richmond Race for the Cure® volunteer, has been nominated for SunChips Volunteer of the Year Award in recognition of her dedication to our community.
- **Pem Hall** has been promoted to the Richmond Affiliate's new Grant & Education Manager position.
- **Jessica Barnes** joins the Richmond Affiliate as Administrative Assistant.

### Save the Date!



May 10, 2008  
804-358-7223  
[www.komenrichmond.org](http://www.komenrichmond.org)

### The Komen Richmond Affiliate — a volunteer-driven non-profit, needs YOU!

- Volunteer for the Richmond Race for the Cure®
- Educate as a Komen Educator
- Advocate Komen Champion for the Cure®  
([www.ActNowEndBreastCancer.org](http://www.ActNowEndBreastCancer.org) for details)

Other volunteer opportunities include Survivor Recognition Luncheon, grants, fund raising, finance, office support, and more!

To find your volunteer niche with the Affiliate, contact us at 804-358-7223 or [volunteer@richmondrace.org](mailto:volunteer@richmondrace.org).

**Visit the Affiliate's new online Marketplace at [www.komenrichmond.org](http://www.komenrichmond.org) to purchase Limited Edition Lilly Pulitzer Silk Scarves, promise rings, "Hope" pearl charm bracelets, & more!**

## We Are All Survivors

The personal stories of breast cancer patients and survivors are always so deeply moving. I am always touched by the spiritual strength, passion, and compassion of the individuals I meet through Susan G. Komen for the Cure.

We need to tell our stories. There is a certain aloneness in the experience of the diagnosis, treatment, and recovery from any disease, especially cancer. No matter how many friends and loved-ones surround us, we must struggle with our inner voices, and our fears. A friend of mine describes it as a "head game." That "head game" plays on in the minds of those who love us, as well.

The mission of Komen – its research, its education, its public awareness efforts, its intent to find a cure – is so important. But, equally important, is that it brings us together – we who have been touched by breast cancer. The "head game" is a little less challenging when we have the strength of each other.

I am committed to Komen because my sister was diagnosed with breast cancer at 35 and my mother-in-law at 62. And, there are far too many friends and colleagues who have suffered through the disease. We are all survivors to some degree, having struggled through the pain, the fears, and the unknown.

In the months ahead, you will sense a change in Susan G. Komen for the Cure. As it matures as an organization, Komen is broadening its scope – redefining itself – having listened to our voices, and our needs, as individuals and as Affiliates. One new emphasis is on survivorship issues of breast cancer patients and their loved ones.

There are 10 million cancer survivors in the U.S. Therefore, there are tens of millions of co-survivors and those who survive those who are not cured. Our medical, legal, and social systems have yet to catch up with the needs and challenges of survivorship. Komen has stepped in to fill the gap and to move the agenda forward.

For a second year, the Richmond Affiliate has funded a Survivorship Symposium Series in partnership with the Massey Cancer Center at the VCU School of Medicine. I hope you will log on to [www.komenrichmond.org](http://www.komenrichmond.org) and click on "Events" to see the topics and dates of future sessions. The speakers are nationally recognized and the topics relevant to so many. There is no cost to attend, thanks to the Richmond Affiliate's grant support.

I am so grateful to all of the volunteers who make the Richmond Affiliate so successful – Race participants and Race leadership, speaker's bureau, sponsors, donors, and grant recipients. We do noble work. We bring hope. But perhaps most important, we make the journey a little less lonely, because we join together.

**Frank Robinson**  
*President of the Board of Directors, Komen Richmond*

## Gloria Glenn! *(continued)*

I first realized cancer was in my body through a clinical self-breast exam and a mammogram. I'm an advocate for annual mammograms since early diagnosis played a large part in my recovery. There was no history of breast cancer in my family. That is why I advocate that all women perform self-breast exams even if there's no reason to believe there's any risk.

Breast cancer is a very serious diagnosis. I wasn't able to do my every day routine. Fortunately, I had loved ones to support and encourage me with prayer and fasting. I was encouraged to believe that I could make it. Believing that I'm a conqueror through Christ was my medicine through that trying time.

Cancer treatment isn't pleasant but it played a role in my recovery too. Chemotherapy and radiation killed the cancerous cells in my body. Surgery removed my lymph nodes. I had a partial mastectomy as those two sites are where the cancer originated. Breast cancer education is key for early detection and even prevention. A balanced diet, wise food choices, and an exercise regimen are extremely important.

If you have been recently diagnosed, I recommend you establish or strengthen your relationship with God. Create a positive attitude. Realize that this is not a death sentence. Recognize that I am living today without cancer. I was diagnosed in 2003. It's 2007 and I'm still here. God is no respecter of persons. If I made it, you can. Believe that. Don't doubt. We are all conquerors as children of God.

I found out about a wonderful Fan Free Clinic program that was made available by the Susan G. Komen for the Cure Richmond Affiliate. Komen played a part in funding my rehabilitation. I'm grateful for its services and support for those in need to win this battle called cancer.

### **Get Involved! Show Your Support!**

- Consider fundraising for the Richmond Affiliate at your event. Proceeds are invested back into our community through the Affiliate's grant process.
- Ask the Richmond Affiliate for a speaker or breast health literature for your event.

Please call 804-358-7223 for more information!

## **Affiliate Calendar of Events**

### **October 6, 2007 — Fashions for the Cure™**

6:30 - 9 pm; *Hosted by Alan Furs*

Come see the latest fashions while supporting the Richmond Affiliate! **Reception, Fashion Show, and Drawing for a Luxurious Fur Coat!** Net proceeds from event's retail sales to benefit the Affiliate; \$25; limited tickets available; RSVP at [www.komenrichmond.org](http://www.komenrichmond.org) or 804-358-7223.

### **October 13, 2007 —**

#### **Dance for the Cure® - A Pink Tie Gala**

7 pm; *Sponsored by All American Insurance*

An exciting night at the Omni Richmond Hotel featuring celebrity DJ's, silent auction, and yes, dancing! \$50/person; register at [www.allamericaninsurers.com](http://www.allamericaninsurers.com) or [www.haleygmc.com](http://www.haleygmc.com) or call 804-745-0006.

**For a complete listing of the Affiliate's Calendar of Events, visit [www.komenrichmond.org](http://www.komenrichmond.org).**

## **Coming in 2008!**

**A Cruise for the Cure®**  
**to raise funds and awareness**  
**for Breast Cancer.**  
**Call 804-314-3669 for details!**

## **Judy Adams! *(continued)***

On Friday, April 7, 2000, I had a mammogram at 1 pm. I was told that I needed to see a surgeon immediately. At 4:30 pm I was informed by a surgeon that I had breast cancer and surgery was needed as soon as possible. Tests were scheduled for the weekend and surgery for Wednesday. At 5:30 pm I called my husband from my car with the news.

On Tuesday while at work, I received an offer to relocate to Detroit as the new General Manager. This was the promotion I was hoping for! Regretfully I wasn't able to accept the assignment due to my upcoming breast cancer treatment.

My whirlwind journey was underway. In the next 12 months I had four surgeries, six months of chemo, and six weeks of radiation. My breast cancer was HER2 positive, making the cancer aggressive and putting me at high risk for reoccurrence. While I've had additional surgeries under suspicion that the cancer had returned, today I remain cancer free.

There have been and continue to be many "Lessons Learned" on my journey. I learned the depth of love I have for my husband, family, and friends and of the love that they have for me. They were my angels of support, my co-survivors. In many ways, I believe breast cancer is more difficult for family and friends as they deal with the potential loss of a loved one.

I learned that my positive attitude and laughter were important to healing. I discovered that you lose *all* body hair including your eyebrows and eye lashes. Drawing eye brows on your face can be a challenge. You have to make sure they're the same shape and in the right place. I started each work day with a laugh by having a friend there check to make sure my eyebrows were on straight.

To my surprise, I learned that I had an inner strength that I did not know existed. And most importantly, I learned to reassess my priorities.

In 2001, I received the long-awaited promotion that had once been so important. As a result of it, I relocated to Washington, DC with my husband. Three years ago we relocated to Richmond for my husband's career. The plan was I would "retire" and begin to "slow down."

While I tried to slow down, I felt my life was lacking purpose. Then a new door opened and today I enjoy a second and rewarding career as the Executive Director of the Richmond Affiliate of Susan G. Komen for the Cure.

When I look back on my 2000 New Year goals, I didn't increase my running mileage, I didn't receive a work promotion, and I didn't once play golf with my husband. Only one New Year's resolution was achieved...I became closer to God.

My life journey has brought me to a place I never would have predicted a few years ago. But I know that today I am where I belong.

## Melinda Bell! *(continued)*

My diagnosis was simply the stress of all the new changes in my life. I was encouraged to exercise and adopt a healthier diet. Yet, I felt like there was something wrong beyond this and kept returning to my doctor every several months. During a monthly self-examination, it seemed like there was a dense lump in the center of my left breast. My physician assured me I was young (39) and the density was within the realms of normal. By January 2002, my left breast's skin began to look like the peel of a navel orange. This was beyond me gaining extra weight! I pressed for a mammogram as I would soon be 40 years old.

I thank God I *'listened to my body'* and requested the mammogram as it reflected a large tumor in the center of my breast. A biopsy confirmed I had cancer. Would cancer mean death for me? How could God allow me to have cancer? I couldn't believe I was potentially losing what I thought were my two best assets - my breasts and my long hair!

My diagnosis was infiltrating ductal carcinoma in the left breast. Cancer is described in stages from 0 (evidence of cancer non-invasive cancer cells) to IV (invasive breast cancer in which a tumor has spread beyond the breast and lymph nodes). Due to my tumor's size of 7 cm. (about 2 ½ inches) and the cancer's spread to the lymph nodes under my arm, I was considered stage IIIB. The puffiness of my breast's skin ("peau d'orange") indicated the tumor was attaching itself to the chest wall and was pulling the skin inward.

I was scared. My grandmother had died of lung cancer and I didn't want to die at 40. As a mother, my first concerns were my children: Joshua was in 10<sup>th</sup> grade, Nick was in 9<sup>th</sup> grade, and Natalia was only in Kindergarten. The first steps were to pray and ask God to help me educate myself about my disease and to find an oncologist. Due to the size of my tumor, my oncologist recommended adjuvant chemotherapy. The goal was to shrink the tumor before surgery. The tumor began to shrink and I felt hope. After seven months of chemotherapy and losing all my hair, I had a partial mastectomy.

Imagine my disappointment upon discovering the surgeon removed at least seven tumors with cancer cells and six (of 26) lymph nodes with cancer cells! I thought the chemotherapy would have surely killed all the cancer. Forty-five rounds of radiation and almost a year later, my blood counts normalized. My cancer was in remission. It took God and the prayers and support of my family, church, close friends, and WEAG's God Can cancer support group to give me the strength and courage to walk this journey. I was not alone...ever.

In 2006, the fatigue that wouldn't go away returned. My oncologist told me 'You can't feel cancer.' He indicated I would have to be very ill to feel extreme fatigue. It turns out my body was right and he was wrong.



Tumor marker blood tests and a PET CT scan reflected I had metastatic cancer. My breast cancer had spread to my right lung and the lymph nodes in my chest or hila area.

Metastatic cancer is considered stage IV which often results in death. With prayer and my own research I advocated for a radical hysterectomy as my cancer was estrogen positive. I reasoned if my body stopped producing estrogen then the cancer would no longer have a food source

and it would stop growing. My oncologist agreed to support this path. I am now on an oral drug therapy for postmenopausal women with hormone receptor positive cancer. Metastatic cancer patients are like those with chronic diseases. I will have to monitor my health and rely on tumor marker blood tests and PET CT scans for the rest of my life.

It's 2007 and I thank God for the gift of life! I am thankful I did not listen to the sometimes 'not-so-positive' prognoses over the past six years. Last years' metastatic tumors have shrunk to almost non-existence. I continue to strive toward a healthier diet and lifestyle. My life is no longer defined by the power and prestige of a demanding career. Instead, my choice is to not work and to focus on leaving a legacy of faith and to create wonderful memories for my family. *In a very odd way, I thank God for my cancer.* Through my cancer journey, I realize each day with people I love is truly a gift. Life is not about rushing from activity to activity or how much money you make or even what you accumulate. For me, life is about learning to be content with you, enjoying what each day brings, sharing your life and wisdom with others, and a daily walk with God.

The lessons I want to share from my journey are these:

***There is hope!*** Cancer does not mean death. There is hope in God. Hope in the wisdom God gives to physicians and oncologists. Hope in the ongoing research that there will someday be a cure for breast cancer.

***Listen to your body.*** If there is a nagging feeling something is wrong, follow your instincts. Seek second opinions (and third) if necessary. No one knows your body and what is 'normal for you' better than you.

***Early detection can save your life.*** As mothers, we tend to put our families first and ourselves second. Take time for monthly breast self-examinations. Schedule a mammogram (or Pap smear) and keep the appointment.

***Be your own advocate. Educate yourself.*** If a cancer journey becomes yours, don't be afraid of all the medical jargon. Word by word, learn what it all means. Keep a medical journal. Ask questions. It's your body and your life.

***Take time for yourself.*** Find time to exercise alone, with a friend, or your family. Eat healthier by adding more fruits, vegetables, and whole grains into your diet. Laugh. Cry. Find moments to smile each day. Count your blessings. Learn to love yourself.

## Donate \$25 Today to Celebrate the Promise

Twenty-five years ago, Nancy Brinker promised her dying sister, Susan G. Komen, that she would do everything in her power to end breast cancer forever. In 1982, that promise became Susan G. Komen for the Cure and launched the global breast cancer movement. Today, Komen for the Cure is the world's largest grassroots network of breast cancer survivors and activists fighting to save lives, empower people, ensure quality care for all, and energize science to find the cures.

Please make a \$25 contribution — \$1 for each year since the Promise was made. In recognition of Breast Cancer Awareness in October, consider making your donation in memory of or in honor of someone special to you. Visit [www.komenrichmond.org](http://www.komenrichmond.org) or mail your donation to the Richmond Affiliate, Susan G. Komen for the Cure, 4905 Radford Avenue, Suite 209, Richmond, VA 23230.



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